

2  
0  
0  
9



No One  
Has to know  
Your Fitness  
Secret!  
Look Great  
And  
WOW Them  
in 2009!

**Contours Express**  
The Better Idea in Women's Gyms!™

Contours Express is unique in the women's fitness market. Our 29 minute CardioFit circuit uses real weight equipment, designed specifically for women's bodies. Our weight equipment has proven superior to hydraulic equipment and is recommended by doctors.

Here's why we're better . . .

Real Weights help prevent osteoporosis and arthritis  
Real Weights help increase metabolism and fight obesity  
Real Weights help women fight heart disease  
Real Weights help women reduce their risk for diabetes  
Real Weights help prevent injury  
Real Weights help women feel better about themselves!  
Real Weights help work no matter what your age!

**Get Started  
TODAY!  
(517) 482-9220**

**COME VISIT US TODAY!**  
**1701 S. Waverly #103**  
**Lansing, Michigan 48917**

**2009**  
**\$20.09 Enrollment (reg. \$149)**  
***\$29 per month***

[www.contoursexpress.com/lansingmi](http://www.contoursexpress.com/lansingmi)